



Senior Happenings

FALL NEWSLETTER 2015

Gloucester County Division of Senior Services, 115 Budd Boulevard, West Deptford, NJ 08096



Pictured: Freeholder Liaison Jim Jefferson



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**Department of Health and
Human Services**

Division of Senior Services

**115 Budd Boulevard
West Deptford, NJ 08096**

(856) 384-6900

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2015 Senior Citizen Picnic

The Gloucester County Board of Chosen Freeholders sponsored their annual Senior Citizen Picnic on September 9th at Red Bank Battlefield in National Park. Approximately 1,000 seniors gathered for an afternoon of food, dance, and entertainment. This year's theme was "Luau." We would like to thank all those who helped make our picnic such a success! Entertainment was provided by "Joy Ride". A special thanks to the Gloucester County Board of Chosen Freeholders for their support & Auletto Caterers for the excellent job they do each year. We would also like to thank Pasta Pomodoro, Seven Star Diner, and Colonial Diner for donating gift certificates which were used as dance contest prizes.

Information to Know

Free daily phone calls to senior citizens who live alone are available through Contact Community Helplines Telephone Reassurance Program. Medication reminders are also available upon request. Call (856) 795-4980.

Emergency Preparedness

The state of New Jersey has developed a free statewide registry called "Register Ready" designed to assist emergency responders in locating residents who may need assistance in evacuating during an emergency. Residents who are frail, have a physical or cognitive disability, communication barrier, or lack of transportation should register. You can register by calling the Division of Senior Services at 856-384-6900, by visiting www.gloucestercountynj.gov and clicking onto the link for Disability Services, or by calling Toll Free 211 (TTY/TTD translation services available).

With storm season and cold weather approaching, it's best to be prepared. Gloucester County uses a free warning system to alert you during a major crisis or emergency via text or email. Important information, updates, and instructions are delivered to your cell phone or email account. Visit www.gloucesteralert.com to sign up.

Low Cost Spay/Neuter Program

You may be eligible to have your pet spayed or neutered at a discounted price

Many people want to have their pets spayed or neutered, but when they find out how much it costs, they think it won't be possible. But it absolutely is possible - there are many veterinarians and organizations who are ready and able to help. Call the Gloucester County Animal Shelter for more information at (856)881-2828. Every year more than 37,000 cats and dogs are euthanized in New Jersey shelters alone, because not enough homes can be found for them. Spaying and neutering reduces the number of animals born, helping to prevent pet overpopulation, and decreases the number of animals that end up in shelters.

**Source: New Jersey Department of Health*

Spay or Neuter your dog or cat for \$20.00 if you:

- Are a New Jersey Resident
- Adopted your pet from an eligible licensed NJ shelter; municipal, county, or regional pound; NJ holding or impoundment facility that contracts with NJ municipalities; or a non-profit NJ animal adoption referral agency
- Licensed the dog in your municipality (licensing for cats is not required).



Spay or Neuter your dog or cat for \$10.00 if you receive any of the following:

- Food Stamps
- Medicaid
- General Public Assistance
- Rental Assistance
- Lifeline Utility Credit
- Tenants Lifeline Assistance
- Supplemental Security Income
- Pharmaceutical Assistance to the Aged & Disabled

Senior Fitness Programs

The Gloucester County Department of Health and Senior Services offers Senior Fitness Programs to Gloucester County residents such as Tai Chi, Step by Step Walking Program, Arthritis Move Today Program, and Sunrise Yoga. Call (856) 218-4106 for more information.

Senior Health Connection

This is a community outreach program for senior citizens that offers health screenings for blood pressure, glucose and cholesterol and provides information on wellness and services for seniors.



Free blood pressure screenings are provided every Wednesday at the Gloucester County Health Department from 9-11 am. Call (856) 218-4101 for more information.

Free and Discounted Classes Available at Rowan College



Rowan College at Gloucester County
ACADEMY of Lifelong Learning

The Academy of Lifelong Learning at Rowan College offers free and discounted continuing education classes for an annual fee of \$90. Class offerings include art, computers, stress management, dance, yoga, healthy eating, weight loss, and much more. Call (856)415-2216 for more information.



Volunteer Luncheon – October 21, 2015

The Volunteer Luncheon will be held at 1:00 PM at Auletto Caterers in Deptford. This affair is held to recognize those special individuals who graciously volunteer their time and support to essential programs provided for seniors in Gloucester County. An Outstanding Senior Volunteer will also be recognized at this event. A lunch buffet will be provided. This affair is by invitation only.

Free Eye Screenings

The Gloucester County Division of Disability Services and the New Jersey Commission for the Blind are offering free eye screenings that are open to the public, held once a month. There is no income or age requirement. The screenings are held at one of two locations: 1) Shady Lane Offices, 256 County House Road in Clarksboro from 9am to 11:30am or at the 2) Health Department, 204 East Holly Avenue in Sewell from 5pm to 7:30pm. Glaucoma tests are also offered. For more information, please contact the Division of Disability Services at (856) 384-6842.



Caregiver Appreciation Luncheon– October 28, 2015



The Annual Caregiver Appreciation Luncheon will be held at 11:00 AM at Auletto Caterers at 1849 Cooper Street in Deptford. This luncheon is held in recognition of those who spend their time taking care of others. If you or someone you know is a caregiver and would like to attend this luncheon we hope that you will join us. A lunch buffet will be provided. Please call the Division of Senior Services at (856) 384-6990. Advance registration by October 24th is required for this affair.

Seasonal Flu Clinics

The CDC recommends that seniors get their seasonal flu shot annually. Every fall, influenza vaccinations are available at no cost to Gloucester County residents at scheduled locations throughout the county. The flu clinic schedule will be published in the County newsletter, announced in the local newspaper, and is available on the Gloucester County website at www.gloucestercountynj.gov. Copies of the schedule are also available at the Division of Senior Services and at all Nutrition Sites. Information is also available by calling the Gloucester County Health Department at: (856) 218-4102. Eligibility restrictions and supply availability may apply.





www.gloucestercountynj.gov

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Board of Chosen Freeholders**

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The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of race, religion, color, national or ethnic origin, sexual orientation, age, marital status or disability in admission to, access to, or operations of its programs, services, or activities. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the Division of Disability Services at 856-384-6841/New Jersey Relay Services 711 or the EEO Office at 856-384-6903.

Free Classes at Gloucester County Library Branches

The Gloucester County Library System offers various programs free of charge including craft and popular computer classes like Basic Computer Skills and Introduction to Facebook. For more information, please call (856)223-6060.

Volunteers Needed

Volunteers are needed for our Nutrition Program and Serv-A-Tray Program. If you are able to donate a half day a week or more it would be greatly appreciated. This program not only provides meals, but daily contact and visits to those in need. For more information, please call (856) 686-8327.

Reduced Cost Salon Services and Fresh Start Bakery Open to the Public at GCIT

The Gloucester County Institute of Technology houses a Cosmetology Clinic for personal beauty service. The costs for the services are minimal and less than at salons and barber shops. For more information or to schedule an appointment, please call (856)468-1445 ext. 2875. GCIT also houses the Fresh Start Bakery which is open to the public. For more information or to place an order, please call (856)468-1445 ext. 2211.

Caregiver Support Program

The Gloucester County Caregiver Support Program responds to the needs of CAREGIVERS, providing them with support and assistance in accessing services to help maintain individual caregiving needs. Services include information and assistance with in home support services, individual counseling, and a monthly caregiver support group meeting. For additional information regarding any of these services, please call (856)686-8338.

Dates to Remember

October 21 – Volunteer Luncheon (by invitation)

October 28 – Caregiver Appreciation Luncheon (registration required)

**December 1, December 2, December 8,
& December 9** – Senior Citizen Christmas Parties

The Division of Senior Services is opened Monday through Friday from 8:30 AM to 4:00 PM. Services are available to all residents of Gloucester County who are 60 years of age and older, regardless of race, color, or national origin in compliance with Title III of the Older Americans' Act.